

IN THE CLAIMS

1. (Currently Amended) A method for storing and retrieving personal information adapted to improve the level of contentment of a user, comprising:
 - a) Providing a database, for storing therein and retrieving therefrom information related to sources of contentment, each of said sources of contentment being associated with a different aspect of said user's life;
 - b) ~~Determining~~ Specifying a list of categories by which said information is to be stored in and retrieved from said database;
 - c) Updating said database by storing information related to a user-specific source of contentment memorable event, said information being stored in a unique location of said database and categorized according to a definition of each of said categories;
 - d) ~~Allowing said user to access~~ Accessing one or more unique locations of said database in which categorized information ~~of interest~~ associated with a plurality of memorable events is stored;
 - e) Transmitting to, and/or displaying ~~to on~~, a user interface, upon request from said user, ~~said categorized all memorable event information of interest~~ associated with a selected category; and
 - f) Reviewing said transmitted and/or displayed ~~categorized~~ information ~~of interest~~;
 - g) Counting or estimating the number of memorable events within said selected category which are user-specific sources of contentment and which are user-specific sources of aggravation;

h) Calculating or estimating the difference between said number of user-specific sources of contentment and said number of user-specific sources of aggravation and determining that the number of user-specific sources of contentment is significantly greater than the number of user-specific sources of aggravation for said selected category; and

i) If desired, repeating steps e-h for one or more additional selected categories.

2. (original) A method according to claim 1, wherein the categorized information is arranged by divisions such that each category is divided into groups, each group being divided into properties and each property being divided into details.

3. (original) A method according to claim 2, wherein the categorized information is transmitted and/or displayed after the user requests to browse the stored categorized information and selects a desired division from a list of corresponding divisions.

4. (original) A method according to claim 3, wherein the list of divisions transmitted and/or displayed to the user lists only those divisions for which information has been stored.

5. (original) A method according to claim 4, wherein all information stored in the database will be transmitted to the user, upon request from the user, according to the division in which it was stored.

6. (original) A method according to claim 1, wherein the information is selected from the group of voice information, digital information, multimedia information and textual information.
7. (original) A method according to claim 1, wherein the user interface is selected from the group of TUI (Telephonic User Interface), GUI (Graphical User Interface), an interactive television user interface and a text-based user interface.
8. (original) A method according to claim 1, wherein the database is accessible through a data network.
9. (original) A method according to claim 8, wherein the data network is selected from the group of a telephone network, an Internet network, an Intranet network, and a television network of coaxial cables.
10. (original) A method according to claim 1, wherein authorization is required prior to updating the database or browsing the stored categorized information.
11. (original) A method according to claim 10, wherein the database can be updated by authorized individuals, in addition to the user.

12. (original) A method according to claim 2, wherein the database is at least one board adapted for use in a card game, each of said boards being divided into a number of cells which are arranged as a table of rows and columns, such that each cell corresponds to a different division of categorized information, whereby a player updates the database by placing a card on which is written information related to a source of contentment into a desired cell.

13 (canceled)

14. (currently amended) A system for improving storing and receiving personal information adapted to improve the level of contentment of a user, comprising:

A database[[,]] comprising the data storage device of claim 23 for storing therein and retrieving therefrom categorized information related to sources of contentment, each of said sources of contentment being associated with a different aspect of said user's life;

A controller, for managing transmission of information between said user and said database;

A user interface for communicating with said controller; and

A contentment source guide transmitted by said controller to said user interface which lists divisions of categorized information upon selection of a desired type of division by said user, information being stored in and retrieved from said database according to a selected division included within a list of said desired type of division, said controller being adapted to transmit from said database to said user interface, upon request from said user, stored categorized information according to each division selected by the user.

15. (original) A system according to claim 14, wherein the divisions of categorized information are arranged by categories, each category being divided into groups, each group being divided into properties and each property being divided into details.

16. (original) A system according to claim 14, wherein the information is selected from the group of voice information, digital information, multimedia information and textual information.

17. (original) A system according to claim 14, wherein the user interface is selected from the group of TUI (Telephonic User Interface), GUI (Graphical User Interface), an interactive television user interface and a text-based user interface.

18. (original) A system according to claim 14, wherein the database is accessible through a data network.

19. (original) A system according to claim 18, wherein the data network is selected from the group of a telephone network, an Internet network, an Intranet network, and a television network of coaxial cables.

20. (original) A system according to claim 14, wherein the contentment source guide is selected from the group of an audible menu, graphic menu and textual menu

21. (original) Systems according to claim 14, wherein the database, system manager and user interface are hosted by a personal computer.

22. (new) A data storage device comprising memory means in which categorized information related to sources of contentment is stored and from which said information is retrievable, each of said sources of contentment being associated with a different aspect of a user's life.

23. (new) A data storage device according to claim 22, wherein information related to each of a plurality of memorable events is stored in the memory means and categorized according to a specified list of categories, said plurality of memorable events including user-specific sources of contentment and user-specific sources of aggravation which are retrievable by a user interface.

24. (new) A method according to claim 1, wherein each stored memorable event is tagged as being a source of contentment or a source of aggravation, and steps g-h are then performed by a processor.